

Leelanau County Senior Services

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THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

The month of May is a time of celebration as the nation honors its older Americans. Communities across the country have shown their gratitude by celebrating Older Americans Month each May since 1963. This year also marks the 50th anniversary of the Older Americans Act signed by President Lyndon B. Johnson in July of 1965. The staff at Leelanau County Senior Services enjoys celebrating seniors every day but appreciate the tribute and efforts to create a network and funding available to communities to support older adults with in-home delivered and congregate meals, caregiver support, and preventive health services. All of these allow seniors to continue to live life on their terms.

The theme of this year's Older Americans month is "Get into the Act", to focus on taking charge of one's health, getting engaged in their communities, and making a positive impact in the lives of others.

I challenge you to "Get into the Act." May is but only one month and 2015 is but only one year. It is important each day that the community not only celebrate you, our seniors, but that you celebrate **you**. Take charge of your life and your health. Identify what supports or actions you may need to take to continue to live life to the fullest. You may need to define what living means to you. Does it mean enjoying the simplest of pleasures, being a caregiver of your community, traveling, campaigning for social change, etc.? Whatever fills your cup, makes you happy, and brings great joy to your heart is what you should pursue. Leelanau County Senior Services is here to help support and celebrate you as you "Get into the Act."

I hope you will consider attending our Senior Expo where vendors will share with you support services and opportunities to enrich your beautiful life.

Warmly,
April "PO"

Medicare News

By: Jim Verville, Region 10 Coordinator
Michigan Medicare/Medicaid Assistance Program
Area Agency on Aging, Traverse City, Michigan

Getting help through the Michigan Medicare/Medicaid Assistance Program

Many Medicare beneficiaries have already had the opportunity to receive guidance from a counselor representing the Medicare/Medicaid Assistance Program, otherwise known as MMAP. The program provides free help to those who are currently receiving Medicare benefits or are anticipating the magic age of 65, when they first become eligible. MMAP is Michigan's version of a service that is sponsored nationally by Medicare, and is part of the Federal State Health Insurance Assistance Program, also known as SHIP. All states offer this service and have counseling help in each county.

In Michigan, the 16 Area Agencies on Aging are the host for MMAP services. Each MMAP Region is headed up by a Coordinator who manages the program. There are nearly 800 counselors serving throughout Michigan. All trained and certified to provide this specialized type of assistance.

Counselors guide Medicare beneficiaries in a wide variety of areas associated with health care insurance. It is nice to have so many insurance options available, however, it can also be very confusing for the person who needs to make a decision on what plan or combination of plans will be best for them. Counselors will help by identifying each of the major type of insurance coverage areas, including the benefits and cost.

MMAP representatives will routinely screen clients for eligibility in the various low income assistance programs, including Medicaid benefits and Extra Help. If qualified, they will help with the application process.

Counselors also provide assistance with health care billing issues, potential fraud and abuse concerns, explain how Medicare pays for durable medical equipment, and even advise how to apply for Medicare. MMAP representatives explain the programs and provide the options. The beneficiary is in the driver's seat and is empowered to make their own decisions. The MMAP headquarters for Region 10 is located at the Area Agency on Aging of Northwest Michigan, in Traverse City. Currently there are 58 counselors located throughout the 10 county region consisting of Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee and Wexford. About half of the counselors are volunteers and half work for various employers who allow them to provide MMAP services as part of their job function. Fourteen individuals recently completed the rigorous 5 day initial training requirements and are now part a team that will be able to serve even more beneficiaries. Team members take pride in the fact that their help is both unbiased and free of charge. Their counseling services can be valuable to those who need guidance in any aspect of Medicare and Medicaid. Nearly 6,000 people were served throughout Region 10 during the past year. Beneficiaries are satisfied and grateful for the help they get from our team. We are always interested in talking to people who may have an interest in being a volunteer for MMAP. It can be a very rewarding experience to guide those in need through the decision process.

If you need assistance or would like to explore the possibility of being part of MMAP, please call our toll free number at 800-803-7174 and leave a message.

Don't Get Scammed!

Scam Alert

By: Allison Hubley

There is a well-known saying regarding March lore, "If March comes in like a lion, it will go out like a lamb". This implies that the rough and cold weather at the start of the month will give way to warmer spring days with plenty of sunshine and flowers that are anxious to peek their heads above ground. March also brings out many fraudsters, especially those who are perpetrating scams involving roofing repairs and asphalt driveway repair. Let's discuss each of these scams in terms of who these scam artists are, explain how they operate and talk about what you can do to protect yourself from these very popular springtime scams.



Who are some of the scam artists? Sometimes, but not always, these types of scams are perpetrated by "gypsy contractors". Gypsy contractors often travel around a certain area or throughout the entire country preying on unsuspecting victims; they often have an unconventional and nomadic way of life and move around quite frequently.

Roofing repairs – what is this scam all about? According to Brian Scott in his article, "Outwitting Gypsy Home Repair and Home Improvement Hustlers", some of these scams involve the fraudster telling you that they have a "miracle roof coating where one coat seals up old shingles", **but there is no such coating**. Mr. Scott also mentions that these contractors are not above stealing cooper gutters while they are up on your roof doing their "repair work". You are usually offered a significant cost savings if you sign up immediately or give a certain percentage as a deposit; be wary of this as the gypsy contractor will often take your deposit and never return.

Asphalt driveway repair – what is this scam all about? Mr. Scott discusses this second type of fraud in his column as well. He notes that these scam artists will often offer to re-do your driveway because they "just finished a job and have some sealant or asphalt left over". You again may be offered a significant discount or they will offer to do the job for one-half the normal cost. Mr. Scott warns, "They will usually lay the cheapest junk (even crankcase oil) in about an hour and collect their money". The product does not hold and will often wash away into the street. Mr. Scott reminds us that a reputable blacktop contractor will "vacuum the old surface first to remove loose stones, dirt and debris". They then apply new blacktop and this entire process will normally take one full day to complete.

What can you do? With regard to either of the aforementioned scams, below are a few things to consider:

- If the contractor is using "high-pressure" tactics, please call the non-emergency telephone number of the Leelanau County Sheriff's Office immediately (231-256-8800). If you do become a victim of one of these scams, contact the non-emergency number to report this, too.
- Do not allow the contractor into your home. These scam artists often work in teams so while one contractor may be in a room in the back of your home or outside in your backyard, the other team member could be robbing you inside the home.
- Always verify the contractor's license.
- Do not sign any type of contract "on the spot"; think it over and consider if the job truly needs to be done. If so, consider getting one or two more estimates from other reliable contractors in the area.
- Ask for references and follow-up by contacting the references to see what experience they had with the contractor. Be sure to inquire how the reference knows the contractor and try to determine if this is a legitimate reference; some contractors will give out false references where you are actually calling their friends or family members who are also part of the fraud scheme.

Contact the Better Business Bureau or other agency that can confirm whether or not complaints have been filed against this contractor or the company.

I will soon be returning to beautiful northern Michigan to enjoy the summer months. The Scam Alert column will continue throughout the summer, but also stay tuned for any workshops that I may offer in person regarding certain types of fraud. Now where are those "April showers that bring May flowers"?

References:

<http://www.thefreedictionary.com/Gypsy>

<http://www.tnonline.com/2013/jun/01/avoid-becoming-victim-gypsy-contractor>

Scott, B.H. (2012) All about Stuff.

Retrieved from: http://allaboutstuff.com/General/Outwitting_Gypsy_Home_Repair_And_Home_Improvement_Hustlers.asp/

**Fire and Rescue
Non Emergency
Numbers:**

Sheriff's Department
256-8800

Cedar Fire and Rescue
228-5396

Elmwood Twp Fire
& Rescue
941-1647

Glen Lake Fire Department
Station 1: Glen Arbor
334-3279
Station 2: Empire
326-5250

Grand Traverse Band Fire
534-7666

Leelanau Township Fire
386-5343

Leland Fire and Rescue
256-7760

Suttons Bay-Bingham
Fire/Rescue
271-6978

**INTERNET OR
E-MAIL**

The newsletter can be
downloaded from the
county website at
[leelanau.cc/
seniorservices.asp](http://leelanau.cc/seniorservices.asp)

If you would like to
receive the newsletter
via e-mail, let us know.

seniorinfo@co.leelanau.mi.us

LCSS has openings in their Medication Management program for Leelanau County seniors. This in-home service provides weekly visits from a registered nurse to assist with the management of prescription and over-the-counter medication, as well as, nutritional supplements.

If you are interested in receiving this service, please call the call LCSS office at 231-256-8121

Munson Bereavement Support Group meets the second Monday of each month in the Leelanau County Government Center at 11:00 a.m. All are welcome to attend, there is no need to register.

ShareCare of Leelanau is offering a Medication Management Workshop on May 13 from 1:00 p.m. - 3:00 p.m. in the Lower Level Community Meeting Room of the Leelanau County Government Center, Suttons Bay. Kathleen Brown (clinical pharmacist with Munson Medical Center) will discuss medication management, polypharmacy (the use of four or more medications by a patient), and Leelanau County medication disposal options. This presentation is free of charge - hope to see you there.

Leelanau County Senior Services has become a partner with the Aging and Disability Resource Collaborative of Northwest Michigan. The ADRC of Northwest Michigan is a collaborative of organizations that serve older adults and people with disabilities. The goal of the ADRC is to be a trusted source of information where you can receive information and assistance for a wide range of services and supports available. An accident or a sudden illness, chronic condition or disability can leave you or a loved one questioning where to go to get assistance for activities of daily living (personal care, transportation, housing, etc.) The Aging and Disability Resource Collaborative of Northwest Michigan offers you a way to find out what services are available in your area. ADRC specialists are trained to provide options counseling, which helps people to understand all of the options that are available to them so they can make informed decisions. Information and assistance can be accessed free of charge by calling 1-866-642-4582, e-mailing info@adrcnmi.org, or on the website www.adrcnmi.org.

Medicare/Medicaid

Counselor

will be available May 27 and June 24 to answer questions on your plan. Call LCSS to schedule your appointment.

Volunteers Needed:

Area Agency on Aging is in need of Medicare/Medicaid Counselors for Leelanau County. The Medicare/Medicaid Assistance Program (MMAP) is a free statewide program that offers counseling for people who have questions and concerns regarding Medicare/benefits.

If you're interested in becoming a volunteer counselor please contact.

Area Agency on Aging

947-8920
or
1-800-442-1713

Do Not Call Registry

To register your phone with the "do not call registry" to reduce the potential scam callers, call 1(888) 382-1222 and follow the prompts or go online:

www.consumer.ftc.gov/
click on

"do not call" icon

* This only reduces the scam calls, it doesn't eliminate them.

Are you prepared?

June is National Safety Month. In the event of an emergency, are you prepared? It's important to plan ahead so that in the event of an emergency, you and your family are ready to make quick decisions.

Listed below are 12 steps to become better prepared.

- | | |
|---------------------------------|------------------------------|
| 1) Make a Plan | 7) Family Communication Plan |
| 2) Water | 8) Get Involved |
| 3) Shelter | 9) Be Informed |
| 4) Food | 10) Power |
| 5) Work, School & Community | 11) Emergency Supplies |
| 6) Unique Family Needs and Pets | 12) First Aid |

Look for each step to be showcased in upcoming newsletters. For more information on these steps go to www.do1thing.com

DO YOU NEED WORK DONE ON YOUR HOME?

Leelanau County has funds from the Michigan State Housing Development Authority (MSHDA) for low-interest loans to homeowners.

Many type of home repairs qualify for assistance, such as: new siding, insulation, windows, doors, well, septic, flooring, plumbing, roofs, electrical, etc. The home in Leelanau County must be your primary residence.

Low-interest loans can be offered to income eligible homeowners. To find out if you qualify, and to obtain an application packet, call the Planning Department at 231-256-9812 or email housing@co.leelanau.mi.us

CONTRACTORS INTERESTED IN BIDDING ON HOME REPAIR PROJECTS:

Contractors interested in bidding on home repair projects under the Leelanau County Housing Program must be licensed and insured and register with the Planning & Community Development office. Women & minority contractors and subcontractors are also encouraged to register. Call 231-256-9812 for more information and to get on the contractors bid list.



Leelanau County Housing Program

The Lunch Bunch

We strive to meet monthly as a group for lunch at various restaurants in Leelanau County. It is a chance to meet up with old friends and make new ones. Leelanau County resident seniors who are 60 or older may purchase a \$3.00 non-refundable, non-transferable Special Event Voucher valued at \$6.00 to be used towards the cost of the meal.

Seating is limited and reservations are required either by mailing a check or paying in person at the Leelanau County Senior Services office. Please remember to tip the wait staff on the full price of the meal. Family members and non-resident friends are welcome to join us, please call us for a reservation.

Tuesday, May 5th - 12:30 p.m. Sugarfoot Saloon in Cedar would like to celebrate Cinco de Mayo with our seniors with a special menu for the Lunch Bunch. 4997 S Good Harbor Trail at Bodus Rd. Special Event voucher worth \$6.00 will cover the cost of the meal. Drinks and tip are extra.

NUTRITION/FOOD:

Leelanau County Farmers Markets Schedule

Spring has sprung in Northern Michigan. So have the "Farmers Markets". Enjoy locally grown fruits and vegetables and home made goodies. The opening day is May 9, in Suttons Bay, where you can enjoy locally grown fresh lettuce, spring onions, radishes and more. The Farmers Markets accepts Senior Project Fresh, G.T.B. Elders Vouchers, Snap Anytime, and come June, you can double up food bucks. Listed below is the schedule for Leelanau County Farmers Markets.

All markets are open from 9:00 a.m. - 1:00 p.m. Hope to see you there. - Armanda

Reminder:

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.

<u>Town</u>	<u>Location</u>	<u>Dates</u>
Suttons Bay	North Park, intersection of M-22 & M-204 601 Front St	Saturdays, May 9 - Oct. 24
Empire	Next to the Post Office 10234 W Front St	Saturdays, June 20 - Sept. 12
Lake Leelanau	Corner of M-204 & Lake Leelanau Drive 112 W Philip St.	Sundays, June 21 - Sept. 6
Glen Arbor	Behind the Township Office 6394 W Western Ave	Tuesdays, June 16 - Sept. 8
Leland	Leland School parking lot 200 N Grand Ave	Thursdays, June 18 - Sept. 3
Northport	Marina 105 Bay St	Fridays, June 5 - Sept. 11

May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Cinco De Mayo @ Sugarfoots	6	7	8	9
10 <i>Happy Mothers Day</i>	11 Bereavement Group 11am	12	13 Casino	14	15	16
17	18	19 BiteSize Cyber Security Steve Stanton	20	21 Parkinson's Support Group 2-4 p.m.	22	23
24	25 Office Closed	26	27	28	29	30
31	Memorial Day	Drop In Euchre				

June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 Flag Day	8 Bereavement Group 11am	9	10 Casino	11	12	13
14 <i>Happy Fathers Day</i>	15	16 <u>EXPO</u> <u>10-2</u>	17	18 Parkinson's Support Group 2-4 p.m.	19	20
21	22	23	24	25	26	27
28	29	30 Drop In Euchre				

BITESIZE LEARNING

Cyber Security

**Tuesday, May 19, 2015 from 1:00 p.m. - 2:30 p.m.
Commissioners Meeting Room**

Steve Stanton, owner of Leelanau Computer Repair in Suttons Bay, will discuss security in terms of threats each of us face today in our use of computers, smartphones and tablets and other means of communications such as the telephone and normal mail.

Cyber Security is a relatively new threat associated with many of the electronic devices that pervade our lives and it is incumbent on each of us to do our part to protect ourselves, our loved ones, our information and financial assets against hackers and other threat mongers who are trying to take advantage of us. During his presentation, Steve will discuss many of the risks we face and suggest strategies we can employ to protect ourselves. There are a lot of unscrupulous people out there and many of them are targeting seniors as easy prey. We each need to be informed and vigilant and recognize that we could be their next target.

This program is FREE to the public, advanced registration required.

Please call the LCSS office for more information or to register

Older Michiganians Day

**Tuesday, June 2, 2015
6:00 a.m. - 7:00p.m.**

Cost: \$20.00

Leelanau County Senior Services is joining the Grand Traverse Commission on Aging and Area Agency on Aging of Northwest Michigan for Older Michiganians Day on the East Lawn of the Capital Building in Lansing on Tuesday, June 2. This event brings together hundreds of seniors, aging service providers, and senior advocates. As a participant in this day you will have an opportunity to share a unified voice with the Legislature expressing concerns, challenges, and opportunities for older adults by the experts, older adults themselves, and aging service providers. I hope you will consider joining me, April Missias, in making your voice heard. I also hope that we can fill half of the tour bus with Leelanau County residents.

The cost includes transportation and lunch.

**If you are interested in signing up for this event please contact
The Senior Center Network in Traverse City at (231) 922-4911.**

Bus will be leaving at the Traverse City Senior Center

Thank you to our seniors for sharing their story on how they received their nicknames. Here is a few more we thought you would enjoy.

Hi April, a.k.a “Po”

My parents, William and Ellen Grant moved from Canada to Detroit the first week of May 1925. My mother unexpectedly went into labor on May 14th. Instead of calling Daddy at work, she waited until he got home to tell him.

SURPRISE!, she waited too long and Daddy delivered me himself, at home!! When he gazed at me in his arms, he said “you and I are going to be buddies”. That is how I got my nickname “Buddy”.

In the early 1950’s, my husband John F McNally a.k.a. Jack, bought property and built the family cottage on Lake Leelanau “Land of Delight”. We have had approximately 62 years of delight and joy on Lake Leelanau with our 11 children, 28 grandchildren and 3 great-grandchildren. Now, this summer of 2015, I will be celebrating my 90th birthday with family and friends at “The Cottage” and in Leland.



Sincerely, Margaret Rosemary McNally
a.k.a “Buddy”

Bunny Lanham of Maple City was born the day before Easter. Her dad called her “Bunny” and it stuck. She has been known as Bunny all of her life. (Her real name is Betty).

Cookie Kalember was born Martha Rose Cook. She didn’t like her name as a child so she picked “Cookie”. Everyone called her “Cookie” except her mom. Her mom was the only one who always called her Martha Rose. Recently she realized how beautiful her name is, but sadly does not have anyone to call her Martha Rose as her parents are deceased.

Mr. Jan Dalton’s name is spelled J-a-n, but it’s pronounced Y-o-n. Jan's mother was Dutch and the name comes from the family name Johannes. Not a day goes by when he isn’t referred to by mail as a female. At least he always knows if the caller knows him when he answers the phone, by the way they ask for him.

Lastly, my full given name is Armanda Joy Forton. Everyone has always called me Armanda or Amanda. My Uncle Tom Forton stills calls me Armanda Joy (he was the only one). My brothers call me “Mano” and my sister calls me “Manda”. My Dad hardly ever called me by my given name unless I was being introduced or in trouble. Other than that, he always called me “Daughter”. Of all my nicknames, I like “Daughter” the best. Thanks Dad.

Community Events

DROP IN EUCHRE

Leelanau County
Senior Services

Tuesday, May 26, 2015
&

Tuesday, June 30, 2015

1:00 p.m. sharp!

\$2.00 (for prize money)
pay at the door

Community Meeting Room
Lower Level of the
Government Center
In Suttons Bay

January euchre winners:

Tom Meoak
Basil Stowe
Connie Mergos
Bernice Gustin

February euchre cancelled

March euchre winners:

Berta Romanowski
Diana Rowell
Arloa Edwards

Tillie Garvin, Jean Eggart

Drop In Euchre meets the last Tuesday of the month in the Community Meeting Room, lower level of the Government Center. Tillie Garvin is our hostess for the games. Play starts promptly at 1:00 p.m. so please come a few minutes early to sign in. Cost is \$2.00 at the door which all goes towards prize money. We play until approximately 4:00 p.m. with refreshments being served. Please join us for an afternoon of **fun!!**

A police recruit was asked during the exam,
"What would you do if you had to arrest your own mother?"

He said,
"Call for backup."



MANAGING CONCERNS ABOUT FALLS

Managing Concerns About Falls

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, *A Matter of Balance: Managing Concerns About Falls* is a program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. *A Matter of Balance* can help people improve their quality of life and remain independent.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

The Area Agency on Aging of Northwest Michigan is offering *A Matter of Balance: Managing Concerns About Falls* beginning in May in Leelanau County. The Program is free and a workbook is provided. **Reservations are required.**

**Please call Darcia or Sharon at 1-800-442-1713
to register more information**

DINING SENIOR STYLE

Come have lunch with fellow neighbors and friends. These luncheon meal sites are sponsored by the Northwest Michigan Community Action Agency (NMCAA). For those 60 and over, the suggested donation is \$3.00.

For those under the age of 60, the cost is \$5.00.

Please call the site coordinator (*) at least 2 days in advance to reserve your spot. Please bring your own table service and coffee cup.

The meal site locations are listed below.

EMPIRE TOWNSHIP HALL

10088 Front St., Empire
MONDAYS and TUESDAYS 12:00 p.m.

*Pat Groomes - 326-5790

SUTTONS BAY FRIENDSHIP CENTER

201 Broadway, Suttons Bay
FRIDAY'S, 12:00 p.m.

Drop in Euchre—Wii Games at 10:00 a.m.

*David Reincke - 271-3314

ELMWOOD TOWNSHIP HALL

10090 E Lincoln Rd., Traverse City 12:00 p.m.
Fourth THURSDAY of every month

*Jean Skipski - 946-9316 or Laura Johns - 947-8915

Please call at least one week in advance

NORTHPORT TRINITY CHURCH

103 N Warren, Northport
THURSDAY'S, 12:00 p.m.

*Rene Milliken—386-7902

LEELANAU COUNTY
SENIOR SERVICES

2015



*24th Annual Senior Expo
Tuesday, June 16, 2015
10:00 a.m. - 2:00 p.m.*

*Suttons Bay High School
310 Elm Street*

This fun filled event brings in over 100 vendors showcasing the latest in information, resources, products and services; giving you the tools to live a full life as you age.

“A Taste of Leelanau”

Local restaurants will be providing samples of their fare

Leelanau County departments

Look for representatives throughout the expo.

Door prizes will be raffled off at various times

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231-256-8121

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8527 E. Government Center Drive, Suite 106
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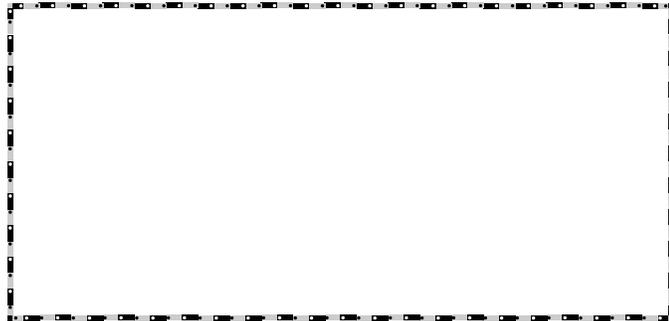
May/June issue:

2015 Expo Information

Older Michiganians Day

Farmer's Market schedule

More Nickname stories



THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

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